

## TIME TO CHEER UP WITH SOME MUSIC

Would you like to cheer up? Or do you need motivation? Do you want to have a brighter look on everything?

It appears that listening to the right music can do this. A wide array of research has shown that music doesn't only drastically change your mood, but also your concerns, depression and sleeping problems.

The neurologists and psychologists say it doesn't matter what music you listen to, whether it's classical music, jazz, oldies, rock, reggae or a simple repeat of ocean waves, as long as the music fits your mood and taste.

Researchers from the University of the State of Pennsylvania studied students' reaction to music. The research, which was published in *Psychology and Education*, shows that the students had more positive emotions after listening to music. It was of no importance what activity they were doing while listening. Some drove their car while listening, others had a get-together with friends. After listening to music the students were all friendlier, more relaxed, calm, optimistic and happy. They were clearly less pessimistic and sad.

In a new book, *Your Playlist Can Change Your Life*, written by Joseph Cardiollo, Don Duroseau and Galina Mindlin, the authors suggest to choose our music carefully and select it according to our mood, or otherwise choose music to change the mood, according to what

we want to feel. They claim that the pace of the song is an important feature, just like the emotional connection between you and the music. Linking the music to your mental state of that moment is of great importance. A bad choice in music can make you worry, afraid or sad, say the authors.

You should also carefully choose the way you listen to music. Do you like to listen while sitting down wearing an earphone, headphones or ear buds which you put in your iPod? Or do you prefer that the music resonates in the entire space through speakers, so you can share the moment in the company of friends or family or do you just want to enjoy the rhythm and sound?

For ALS-patients there are all kinds of devices which are simple to work with and onto which you can transfer your favorite playlists. MP3 devices, iPods, iPads, laptops and computers are all well-suited to easily make selections while you're comfortably sitting or lying down. iPad has developed a few features which can be very interesting for users with impairments. The device has a big screen which you only need to touch and which doesn't require physical strength. The device also has a built-in zoom function to make the screen bigger or smaller, to make it easier to touch the keys and images.

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Source: **The Exchange**